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THE 3 SARAHS MINUS 1

SARAH NO. 2 MUSES ABOUT THE CRUELTY OF A 40-HOUR WORK WEEK AS SHE PACKS UP HER THINGS TO GO PAGE 9

TO HONOUR AND REMEMBER

Members of Le Club du Souvenir, a student group dedicated to honouring Canadian war veterans, made a trip to the Saskatchewan legislature on Thursday, showcasing their projects and singing talents to Premier Brad Wall. The extracurricular group is made up of students between grades 6 and 8 at Regina's Saint Andrew School in the city's east end. For more on this story, go to metronews.ca. For further Remembrance Day coverage, see pages 4 and 11. COURTESY EXECUTIVE COUNCIL, GOVERNMENT OF SASKATCHEWAN

We can all breathe easier

The province makes asbestos reporting mandatory, dedicating the proclamation of the new law to an advocate who died last year of asbestos-related cancer PAGE 3

No Metro on Monday

Metro will not be publishing on Remembrance Day. Look for us again on Tuesday

'Few answers' at end: Wallin

'A brutal, brutal process.' Senator says suspension amid expenses scandal same as being expelled for life

Sen. Pamela Wallin says being suspended from the upper chamber is the same as being expelled for life.

Wallin, Mike Duffy and Patrick Brazeau were suspended Tuesday by the Senate in the midst of an expenses scandal.

Wallin, who is from Wadena, Sask., told NewsTalk radio in Saskatchewan that she can't imagine Prime Minister Stephen Harper changing his mind on the issue if he's re-elected in 2015. And she says if the Liberals win, they likely won't want three seats in the Senate filled by people who were appointed by Conservatives.

"Because it's unprecedented, we don't know what it means, but for all intents and purposes, we have been, I think, expelled for life," Wallin told the John Gormley Live show Thursday.

When asked if she plans to resign, Wallin says she hasn't focused on that and needs to know what the suspension means.

"You know everything has been locked down. We're out. Our staff was fired unceremoniously yesterday," she said.

"This is a brutal, brutal process, but there are very few answers at the other end of it.

"They don't know because it's never happened before and they're kind of making it up as they go along. So we're all kind of in that process of waiting to see how they're going to implement this and what it will mean," she added.

Liberal Senate Leader James Cowan said Wednesday that the confusion is further evidence the government rushed through the suspensions to solve a political problem, without giving any thought to the possible consequences.

Duffy, Wallin and Brazeau retain the titles as senators and their health, dental and life insurance coverage, but get no pay and lose their Senate privileges for the duration of the current parliamentary session.

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Sask. the first province to mandate asbestos reporting

No longer voluntary. Program honours advocate who died from asbestos-related cancer

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Saskatchewan has become the first province to mandate asbestos reporting in government buildings following the proclamation Thursday of a new amendment to its Public Health Act.

The new legislation makes reporting to the web-based Saskatchewan Asbestos Registry mandatory for all crown corporations, school districts, health regions and facilities, and provincial government buildings.

"A registry gives people the information they need," Labour Relations and Workplace Safety Minister Don Morgan said Thursday at the Legislature. "The province is out front and doing this right now."

"This registry will improve the health, safety and well-being of our workers and their families," added Health Minister Dustin Duncan in a government press release. "In addition to the registry, publications that address the safe removal and handling of asbestos are available."

Even at this early stage, Morgan said, "almost all" of the required buildings have registered and noted that the government wants to "expand the list" to contain "as much detail as possible."

In November 2012, the province launched a voluntary registry that encouraged "schools, health regions and municipalities to post information about asbestos-containing material in buildings," according to a government press release.

Long overdue?

"This registry will improve the health, safety and well-being of our workers and their families."
Health Minister Dustin Duncan

The mandatory program was created as a result of the advocacy efforts of Howard Willems, who died last year after being diagnosed with cancer as a result of inhaling asbestos fibres.

"It is fitting that we honour Mr. Willems, who passed away one year ago tomorrow, with the proclamation of this bill," Morgan added. "This registry would not have been possible without the passionate advocacy of Mr. Willems."

Labour Relations and Workplace Safety Minister Don Morgan addresses the media Thursday at the Saskatchewan Legislature. MARCO VIGLIOTTI/METRO

Personal-care homes

Bill would make inspections public

The Saskatchewan government has tabled proposed legislation that would make inspections of personal-care homes public.

Health Minister Dustin Duncan says people now have to file a freedom of information request to get the inspection results.

But Duncan says making the inspections public gives families easier access to information when they're deciding whether to move a relative into a personal-care home.

Both the provincial auditor and the ombudsman have said more information about personal care homes should be available to the public. THE CANADIAN PRESS

Alcohol, drugs

Province tightens teen driving rules

Saskatchewan is bringing in a zero drug and alcohol tolerance policy for drivers under 19 and for all drivers in the graduated licensing program. The move is one of 14 traffic safety measures recommended by a report in August. THE CANADIAN PRESS

Resources for the future

Development fund needed: Province

A new report accidentally emailed to media by the Saskatchewan government calls for the creation of a permanent fund for future development using one-time resource revenues.

The report by former University of Saskatchewan president Peter MacKinnon makes 10 recommendations to develop the fund.

It says starting next year, the province should put a cap on how much non-renewable resource revenue it uses for all purposes other than deposits to the futures fund.

It also says the futures fund should be set up as soon as possible.
THE CANADIAN PRESS

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Senator speaks.
Martin on what the Korean War means to her

In 1953 an armistice split civil-war-torn Korea in two along the 38th parallel.

Soviet-backed communist North Korea pursued a policy of economic independence and isolationism, and its economy and the welfare of its people has progressively worsened under a succession of totalitarian dictators. South Korea meanwhile has improved its lot.

Canadian Senator Yonah Martin came to Canada in 1972.

She says Canada's fight in the Korean war was worth it.

"I would not have been born, I would not be here today. So I owe my life to those who went to Korea and served," Martin told Metro. "The Korea today is unrecognizable as everyone knows from the time of the war where Korea was literally the second poorest country in the world and the Canadian sacrifice has not gone unnoticed."

JOE LOFARO/METRO IN OTTAWA

What do you think of our army?

"The armed forces are what's keeping us from getting into World War Three."

Chris Blyde, 13, London

"They are important warriors who defend us through night and day. For me it's all about respect for them."

Jason Gervacio, 14, Halifax

"I think they're doing a good job and they're not overextending themselves and they're not fighting battles that they don't need to fight."

Jared Hamm, 13, Saskatoon

You've got Seoul: Vet's spirit buoyed by pen pal

Remembrance Day. Frank Bayne is still haunted by what he saw during the war, but his influence on a young Korean woman's life has helped him find meaning in his suffering

JOE LOFARO
Metro in Ottawa

When Frank Bayne closes his eyes at night, he sees Korea.

He doesn't see the towering skyscrapers of present-day Seoul, or the men and women in suits strolling below, tapping at smartphones bigger than their hands.

What the Guelph, Ont., resident sees are flashbacks of his 14-month service in the final year of Canada's third-bloodiest conflict, the Korean War.

He was manning artillery guns at the peak of Sang Seung observation point, northeast of the South Korean capital in 1953, when, beneath him, in a valley, enemy Chinese soldiers shot his friend Lt. Gerry Meynell in the head and then gunned down another friend, Lt. Doug B anton

At least 514 other Canadians also lost their lives in the 1950-1953 war.

The lasting effects remain after 60 years for veterans like Bayne.

"My wife says she knows when I'm dreaming because my legs are thrashing around like I'm running," said Bayne.

"In the last year, I had one really, really bad nightmare where she had to wake me up because I was whimpering."

But Bayne, 86, has found a way to deal with his suffering.

He started writing to seven schoolgirls in South Korea about 20 years ago through a partnership created by the Korean Veterans Association of Canada.

One girl named Choi Jeong-Won has kept the pen-pal tradition alive to this day.

As a child, she would write about her life in Korea, her school, and day-to-day goings-on in the life of a typical South Korean teenager.

In her adult life she wrote one time about feeling like she had disgraced her family by failing her bar exam for the first time.

"So I wrote her back and said, 'You know, I failed many times and please keep trying," said Bayne.

Bayne met her for the first time last April at a Seoul hotel while he was there for a visit organized by Veterans Affairs Canada.

In January, the federal government declared 2013 the Year of the Korean War Veteran and sent 36 vets to mark the 60th anniversary of the Korean War Armistice.

"When we met at the hotel she said that (letter) inspired her to keep on going," said Bayne proudly.

She is now in her early 30s and is a lawyer for a shipping company in Seoul, Bayne said. They've exchanged more than 45 letters.

"I feel that I've contributed to having the country the way it is today; that has allowed her to do what she's done," said Bayne. "If we hadn't gone there, the whole thing would have been a whole different story."

He has the camaraderie of his fellow veterans, but he said his relationship with Choi puts a human face on the progress South Korea has made in the last 60 years.

On Monday at his home he was preparing to send a new, handwritten letter to Choi. Tucked inside the envelope will be a Canadian Remembrance Day coin as a small token of his thanks.

He recalled her gesture of gratitude when she treated him to dinner after their hotel meeting.

En route to the restaurant in a taxi, the driver got out of the cab, bowed to him and thanked him for his service.

"People in the restaurant, again, they all thanked me for saving the country. It was quite an experience," said Bayne.

Reflecting on his journey back to the bustling metropolis, Bayne said the federal government's declaration of the Year of the Korean War Veteran has helped Canadians remember.

Several people have approached him asking him to speak about the war. This week he was scheduled to speak at a school in Guelph, at the local Royal Canadian Legion, and at a Remembrance Day ceremony.

"In the past, it really was a forgotten war," said Bayne. "And of course it used to make me angry, it used to make quite a few of us angry because people ... always referred to it as the Korean conflict. When somebody would say that I would interrupt and say, 'Well, when I was there, it sure as hell sounded like a war to me.'"

Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae, April 26, as dozens of people greeted Korean War veterans at the Busan train station. JOE LOFARO/METRO IN OTTAWA

Vet Joel Beaman stands next to the Canadian Korean War Monument in Gapyeong. JOE LOFARO/METRO IN OTTAWA

Korean War veteran Frank Bayne poses with his longtime Korean pen pal Choi Jeong-Won at a restaurant in Seoul in April 2013. CONTRIBUTED

How Canada got involved

25th

The war started on June 25, 1950, when North Korean military forces crossed the 38th parallel into the Republic of Korea.

Other countries

15

Canada joined the war effort in Korea in support of the 15 other United Nations members, including the U.S., Australia, the U.K., and New Zealand, to help defend South Korea.

Quoted

"If we are to avert the danger that threatens the free world, we must martial in increased resources available to resist aggression."

Canadian prime minister Louis St. Laurent on Aug. 7, 1950.

UN involvement

- The United Nations became the first international organization in history to vote in favour of using force to stop an aggressor.
- In response to the North Korean invasion, Canada recruited an army brigade called The Canadian Army Special Force to assist the UN-led mission.
- At the time, prime minister St. Laurent wanted as close to as many troops as in the Second World War as possible.

Troops

26K

Canada deployed 26,000 troops, eight destroyers, and more than 22 RCAF fighter pilots throughout the thee-year war effort in the Korean peninsula.

SOURCE: VETERANS AFFAIRS CANADA, CBC RADIO ARCHIVES

Ford family flock to mayor's defence after release of new video

'Rude awakening.'
Sister calls Ford a binge drinker but no addict, mother blames pressure

Members of Rob Ford's family sprang publicly to his defence for the first time Thursday amid a growing scandal that threatens to force Toronto's mayor out of office.

In an interview with TV station CP24, Ford's sister Kathy and mother Diane blamed the pressures of the job, his political opponents and relentless media hounding for his problems.

"The pressure that has been put onto him, since Day 1 since he was elected, it is not fair," his mother said.

His sister denied Ford was a drug addict or alcoholic and insisted he would stay on.

"I know because I'm a former addict," Kathy Ford said.

His sister did concede he tends to binge drink and make a "fool out of himself."

"When Robbie drinks, I think he just goes full tilt."

But Kathy said the problem pales in comparison to his achievements.

"My heart breaks for my son," Diane Ford said. "It really, really does, because he's been attacked."

She called the growing scandal — which includes a video showing Rob Ford apparently smoking crack cocaine and another showing him threatening to kill someone in a profane tirade — unfortunate.

"To err is human but to forgive is divine," Diane Ford said. "Forgiveness isn't in the eyes of the media right now."

His family believes there's no need to send him to rehab, as many of his allies have urged.

The Toronto mayor's sister, Kathy Ford, left, and mother Diane in a screen grab from their interview with TV station CP24. METRO

Fairness

"My heart breaks for my son. It really, really does, because he's been attacked."
Mother Diane Ford

The crisis has been a "rude awakening," they said, but both insisted he is strong enough to get through and continue on as mayor.

"All the good that he has done, that's all been overlooked," his mother said. "That's just so hurtful."

THE CANADIAN PRESS

Addiction expert weighs in

The latest video — in which Toronto's embattled mayor is clearly impaired and ranting maniacally — should be the final straw before he takes a leave to seek help, says an addictions expert.

- "It would seem that there's more evidence that this poor man is suffering from extraordinarily complex problems," said Ann Dowsett Johnston, a journalist who has chronicled her own battles with alcohol.
- "I'm watching an entire world laughing at him, and my feeling is one of deep and profound compassion," Johnston said. "Because I feel that his addiction is very public and his need for help is very evident and his situation is dire."

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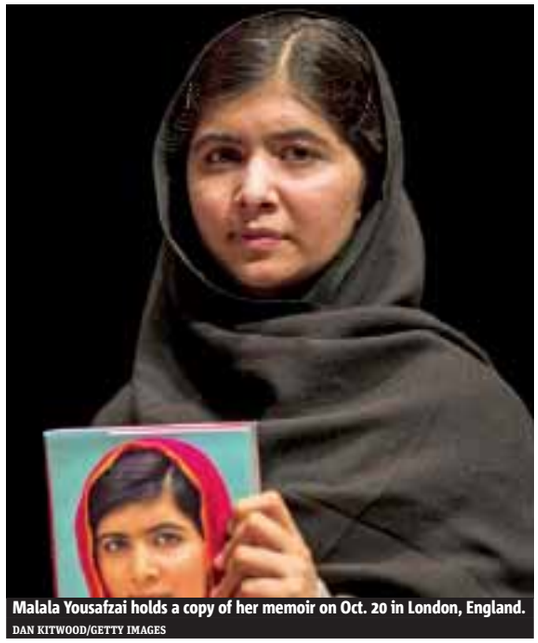
Man behind Malala attack chosen new Taliban chief



Malala Yousafzai holds a copy of her memoir on Oct. 20 in London, England. DAN KITWOOD/GETTY IMAGES

Pakistan. New leader of militant group appointed less than one week after death of predecessor in U.S. drone strike

The ruthless commander behind the attack on teenage activist Malala Yousafzai was chosen Thursday as the leader of the Pakistani Taliban, nearly a week after a U.S. drone strike killed the previous chief.

The militant group ruled out peace talks with the government, accusing Pakistan of working with the U.S. in the Nov. 1 strike. Islamabad denied the allegation and accused the U.S. of sabotaging its attempt to strike a deal with the Taliban to end years of violence.

Mullah Fazlullah was unanimously appointed the new leader by the Taliban's leadership council after several days of deliberation, said the council's head, Asmatullah Shaheen Bhitani. Militants fired AK-47 assault rifles and anti-aircraft guns into the air to celebrate.

The previous chief, Hakimullah Mehsud, was killed by the drone in the North Waziristan tribal area near the Afghan border. He was known for a bloody campaign that killed thousands of Pakistani civilians and security personnel, a deadly attack on a CIA base in Afghanistan and was believed to be behind the failed bombing in New York's Times Square in 2010. The U.S. had put a $5-million bounty on his head. THE ASSOCIATED PRESS

Quoted

"We will take revenge on Pakistan for the martyrdom of Hakimullah."

Asmatullah Shaheen Bhitani, head of the Pakistani Taliban's leadership council, on the death of the group's previous leader.

Justin Unplugged. Event has Trudeau looking less like a ladies' man to some

A Liberal fundraiser aimed at capitalizing on Justin Trudeau's popularity among women is being denounced as sexist and patronizing by his political foes — and even by some Liberals.

The backlash started instantly late Wednesday when Trudeau tweeted that he was looking forward to "cocktails and candid conversation" at the $250-a-head event in Toronto.

The accompanying electronic invitation to "Justin Unplugged" features stylized close-ups of the leader with a come-hither stare and the message: "Ladies, you're invited to (really) get to know the future prime minister."

Scribbled in grade-school cursive font around the margins are a series of questions: "What's your favourite virtue?" "Who are your real life heroes?" "What is the biggest issue facing women?"

The resulting Twitter-storm was fierce. "Who organized this? Barbie? And sponsored by Teen Beat, I'm guessing," tweeted Lisa Kirbie, a Liberal commentator. THE CANADIAN PRESS

Duffy, Wallin, Brazeau

Three senators still eligible for pensions

The three senators at the heart of the Senate expenses scandal will continue to accrue eligibility for a generous parliamentary pension during their suspension from the upper chamber.

The two years Patrick Brazeau, Mike Duffy and Pamela Wallin are expected to spend in political purgatory will count towards the six years of service needed to become eligible to collect a pension, the Senate says.

Claude Carignan, government leader in the Senate, has said the original intent of the suspension motion was to see the senators stripped of their pay and Senate perks, "including (the) pension plan." THE CANADIAN PRESS

Philippines. 'Catastrophic damage' predicted from year's strongest typhoon

The world's strongest typhoon of the year slammed into the Philippines on Thursday. It had been poised to be the strongest ever recorded at landfall.

"There will be catastrophic damage," said Jeff Masters, meteorology director at the private firm Weather Underground.

The U.S. Navy's Joint Typhoon Warning Center in Hawaii shortly before landfall said Typhoon Haiyan's maximum sustained winds were 314 km/h, with gusts up to 379 km/h.

"There aren't too many buildings constructed that can withstand that kind of wind," Masters said.

Thousands of people have evacuated villages in the typhoon's path.

The only tiny bright side is that it's a fast-moving storm, so flooding from heavy rain — which usually causes the most deaths from typhoons in the Philippines — may not be as bad, Masters said. THE ASSOCIATED PRESS

A Filipino worker brings down a giant billboard along a busy highway to prepare for the effects of powerful Typhoon Haiyan in Makati, Philippines, Thursday. AARON FAVILA/THE ASSOCIATED PRESS

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Paper to polymer

Switch to plastic cash complete with $5, $10 notes

The last of Canada's polymer bills were put into circulation by the Bank of Canada on Thursday, with the transition to the plastic cash set to take about two years. The $5 and $10 notes were unveiled at news conferences. THE CANADIAN PRESS

Astronaut Chris Hadfield, left, and BoC governor Stephen Poloz with the $5 polymer note. THE CANADIAN PRESS

'Double-double' overseas

Tim Hortons plots world domination

First North America, then the world — at least that's how Tim Hortons hopes to conquer the coffee market.

Chief executive Marc Caira told investors Thursday that he plans to grow the restaurant's operations outside the company's home base and the United States, starting first with the Middle East and then moving onto other countries.

"Our focus in the short-term is on continuing to grow and learn in this part of the world (the Middle East) before embarking on further expansions internationally," he said on the company's financial results conference call.

Caira did not say what other countries Tim Hortons might consider, but noted that these are "very early thoughts" for a five-year plan. THE CANADIAN PRESS

Twitter has never made a profit but valued at $31B

News worth tweeting about. Social network hits the New York Stock Exchange and flies much higher than expected

Shares of Twitter went on sale to the public for the first time Thursday, instantly leaping more than 70 per cent above their offering price in a dazzling debut that exceeded even Wall Street's lofty hopes.

By the closing bell, the social network that reinvented global communication in 140-character bursts was valued at $31 billion US — nearly as much as Yahoo Inc., an Internet icon from another era, and just below Kraft Foods, the grocery conglomerate founded more than a century ago.

Twitter, which has never turned a profit in the seven years since it was founded, worked hard to temper expectations ahead of the IPO, but all that was swiftly forgotten when the market opened. Still, most analysts don't expect the company to be profitable until 2015. THE ASSOCIATED PRESS

A new frontier

Twitter gave users the opportunity to ring NYSE's opening bell instead of executives.

- The users included Sir Patrick Stewart, Capt. Jean-Luc Picard in Star Trek: The Next Generation; Vivienne Harr, a 9-year-old girl who ran a lemonade stand for a year to raise money to end child slavery; and Cheryl Fiandaca of the Boston Police Department.

Random biz fact of the day

68%

68 per cent of employers will find candidates on Facebook.
BEHIRING/NEXCAREER

GETTY IMAGES FILE

Market Minute

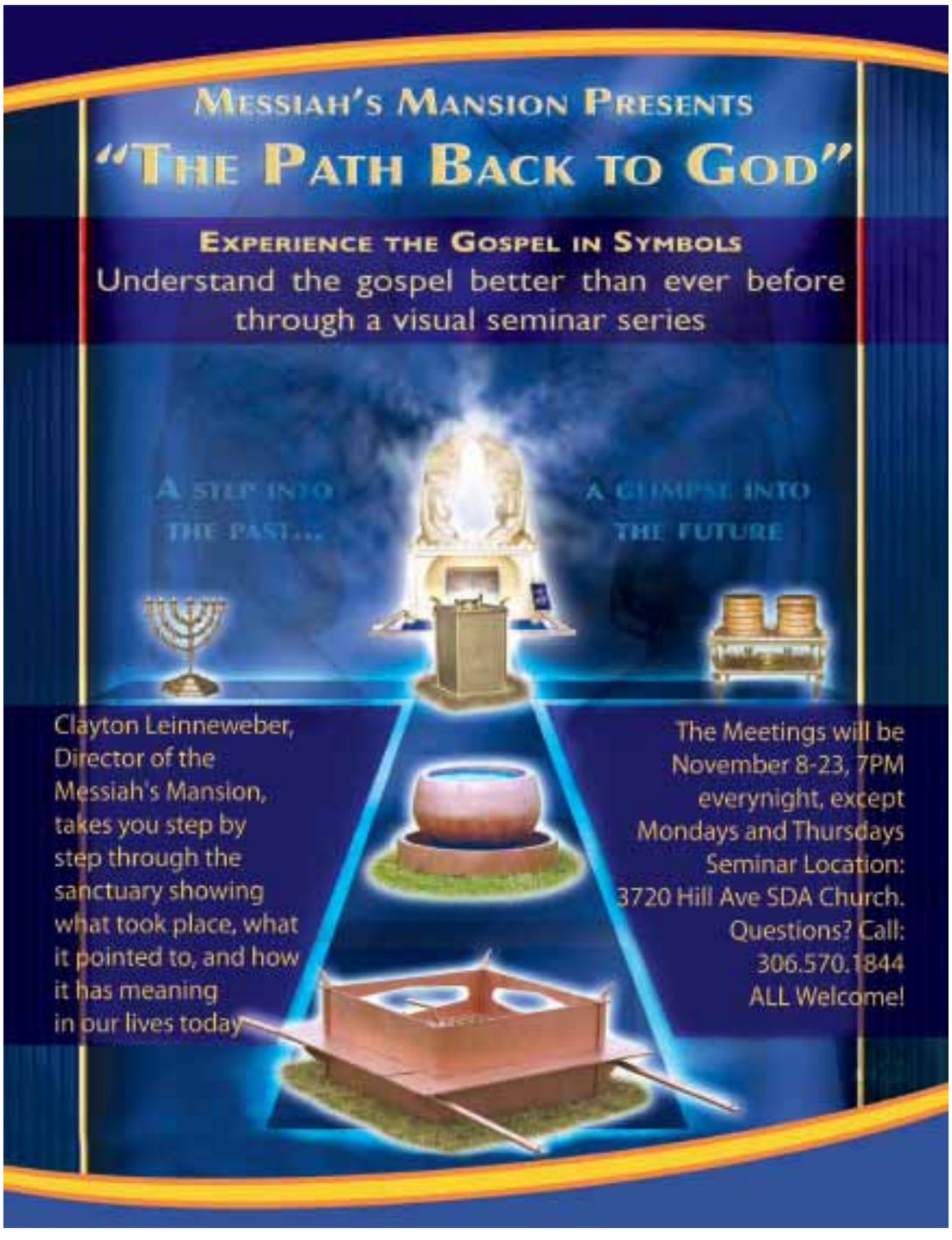
DOLLAR 95.59 ¢ (-0.40¢)

TSX 13,294.20 (-86.21)

OIL $94.20 (-60¢)

GOLD $1,308.50 US (-$9.30)

Natural gas: $3.53 US (+1¢)
Dow Jones: 15,593.98 (-152.90)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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 5

metronews.ca/temp

Random biz fact of the day

76%

Looks like it's time to retire DontPlayaHate69@hotmail.com — 76 per cent of CVs are ignored if your email address is unprofessional.

SOURCE: NEXCAREER

Payback

Who gives a Hoot about the interns?

Work in the high-tech sector can be volatile at the best of times. More than 25,000 digital media employees call Vancouver home. It's typical to work on a project, finish it and move on to the next opportunity.

It's feast or famine — especially famine if you're not getting paid.

Social media giant HootSuite, valued at over $1 billion, faced intense public scrutiny in April for hiring unpaid interns for positions that legally required financial compensation.

Vancouver-based HootSuite admitted their guilt.

"We will immediately rectify the issue by offering full payment, including interest incurred, to unpaid interns who had roles within our company," CEO Ryan Holmes said in a statement. MATT KIELTYKA/METRO

GETTY IMAGES

Temp is Conflicted Over Co-worker's Firing

Sarah No. 2 got the axe just before lunch: the curse of jeans day. To be practical, a company selling itself to China doesn't need someone to plan its long-term e-commerce solution. Her firing happened quickly, too. One moment she was lecturing about the excessive number of time-expired dairy products in the lunchroom fridge, the next she was standing in the lobby with a cardboard box full of generic desktop crap.

"I suppose you're happy to see me go," she said.

"Not really. I've never had to dumb myself down with you."

She gave me a judge-y looking sigh. "The world's not one big joke, you know, Shannon." She turned around to look at the dumping rain while waiting for her ride — which didn't seem to be coming. Looking out at the parking lot she got philosophical. "You know, I think that in the future we're going to look back on the 40-hour work week with three per cent unemployment as a social failure — everyone was busy, but no one was actually doing anything meaningful. Yes, you were busy all day, but so what?"

The phone rang. "Just a moment, Sarah... "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. One moment, I'll connect you." I put down the receiver. "Sorry, you were saying?"

"I was saying that I think a 40-hour work week may well seem as odd and cruel to future citizens as seven-year-olds working in Victorian cotton mills does to us."

I thought about this. "I think you're right. Where's your ride?"

"According to my most recent text, it's stuck in traffic across town."

I quietly phoned Sarah a cab, and when it showed up, I gave her one of my taxi chits: "If it means anything, Sarah, the fridge grosses me out, too. It makes me think of Gwyneth Paltrow in Contagion, especially that scene in the morgue when they slice open her skull."

To be practical, a company selling itself to China doesn't need someone to plan its long-term e-commerce solution.

"Thank you, Shannon. I think that in your own way, you're being quite sweet." She gave me a small smile and hopped in the cab. It made me wonder if I ought to be nicer to the remaining Sarahs.

I looked at my watch... Lunch! Woohoo — freedom! Tattered back issues of InStyle magazine by the coffee maker! Last night's pasta in a Ziploc tub! Guys making lewd jeans day ass comments!

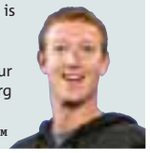
I sent Mr. Xu a quick text about our evening plans, and was leaving the front desk when the fire alarm went off and Rick from receiving ran into the office from the factory floor. "Holy crap, the warehouse is on fire!"

TO BE CONTINUED...

Random fact of the day

Facebook founder Mark Zuckerberg is red-green colour blind.

- This explains why Facebook is blue — it's the best colour Zuckerberg can see.



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NOTHING LIKE WATCHING ICE CLEAR

THE METRO LIST

Neil Morton
metronews.ca

1 #InADrunkenStupor. In the moment of 2013, Rob Ford admitted, "Yes I have smoked crack cocaine," adding "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors." And then the hashtag #InADrunkenStupor went viral on Twitter. An astonishing day, an astonishing moment in time. A super funny hashtag. A mayor that is cracking under pressure.

2 Lynn Coady. The Edmonton writer took home the 20th annual Giller Prize for her short story collection, Hellgoing, at a star-studded event in Toronto that had Jian Ghomeshi as host and George Stroumboulopoulos and Paul Haggis among the presenters. To make a long story short, this was only the fourth time in the award's history that a short story collection won the coveted prize.

3 @MadeInCanada. One of the funniest Canadian Twitter accounts is Cause We're Canadian (@MadeInCanada), which has nearly 85,000 followers. It has tweets like "Stop saying sorry!" "Sorry!" #CanadianProblems" and "We all watch the zamboni, just to make sure he doesn't miss a spot. #CanadianProblems". If this were a coffee table book, I would ask for it for Christmas.

4 Hockey Night in Canada Song Quest. You have until Nov. 20 to send your hockey-inspired song to CBC's Song Quest competition. If you win, you get to record a studio version of your song with Joel Plaskett and get to watch as it's aired at the start of a Hockey Night in Canada broadcast. The only thing I'm capable of is an extremely bad karaoke version of Bon Jovi's Livin' on a Prayer.

5 Small-town moment in big city. A Berlin street musician was performing the '80s classic Smalltown Boy by Bronski Beat when he was joined in the performance by the song's singer, Jimmy Somerville, who was out walking his dog. Just watch, when I'm singing Livin' On A Prayer some day at a karaoke bar, Bon Jovi will walk in and join me.

6 Five-year-old's Make-A-Wish. Miles, a little boy fighting leukemia, is a HUGE Batman fan. He will get to play his fave superhero Nov. 15 when thousands of volunteers through the Make-A-Wish Foundation help transform San Francisco into Gotham City for the boy. Miles will be Batman for a day, and do things like capturing the Puzzler in the act of robbing a downtown vault. Awesome.

7 YouTube Music Awards. The inaugural awards show had a decidedly raw feeling to it — in keeping with so many YouTube videos. The live webcast was directed by Spike Jonze, and the hosts Jason Schwartzman and Reggie Watts worked without a script and Lady Gaga performed wearing just a black cap, sunglasses and a plaid shirt. Yes, mainstream indie is in.

8 Katy Perry. She showed her tremendous Twitter power this week when she overtook Justin Bieber to take over the No. 1 position of Twitter followers, with nearly 47 million followers. (Lady Gaga is No. 3, Taylor Swift No. 4 and President Obama No. 5.) I am closing in quickly with 890 followers.

9 Dwight Howard. Some wondered whether the star NBA player would ever return to his old "Superman" form in his Orlando Magic days. After a dreadful year with the LA Lakers last year, his back has healed and his Houston Rockets are expected to make a title run — they are off to a 4-1 start. Yes, the Kryptonite is gone, and redemption is sweet.

10 The story of Twitter. A new book, Hatching Twitter, by New York Times reporter Nick Bilton brings to light the power struggle between the four founders as they built the startup that has now become one of the biggest social networks in the world — and just went public this week. If you don't want to buy it, no worries: I will tweet the entire book out word for word.

11 Miley Cyrus. She launched a redesigned website this week and the only way to describe it is butt ugly. Actually there are more ways to describe it: It's like a nine-year-old designed it. It's like a GeoCities page circa 1995. It's like Hannah Montana on an acid trip decided to be a web designer. Go to MileyCyrus.com and see what I mean.
Or don't.

Follow The Metro List on Twitter @TheMetroList

FOR THE LOVE OF THE MUG

Guess which mug belongs to which Metro temp? Is your mug chipped, stained and wrapped with a slogan such as 'A Griswold Christmas'? Send us a picture of the mug you use to readers@metronews.ca and we'll share it on our TEMP blog: iamtemp.tumblr.com

Photos by David Van Dyke

Vawn (the temp behind TEMP) Himmelsbach. One of the oddest assignments I've had as a temp is, well, posing for a photo along with my coffee mug.

While my mug accurately describes my personality, ironically, I have very little to say about it.

Matt (the desk defender) Kindred. My mug is from my apartment. It was given to me by my wife. I bring it to every temp position because I think it brings me good luck. The handle is large and therefore perfect for my grip, it does not heat up when coffee is poured into it.

Also, I love cartoons so anything with a drawing on it is great.

Mila (the travelling temp) Petkovic. The mug is a favourite of mine because it's bright, happy and silly. It reminds me to be light-hearted and just laugh at life when the going gets tough. What's the point of complaining or getting stressed? Life is just so much more enjoyable when you can find the humour in it. Wow, I've never thought so deeply about a mug before!

Clickbait

LUKE SIMCOE
Metro Online

Twitter's debut on the stock market Thursday may go down in history as the day Wall Street learned social media is about more than Justin Bieber and pictures of your lunch. Let's see what was trending on the site the day it went public.

THE ASSOCIATED PRESS

#Movember:

The annual moustache-growing challenge in support of prostate cancer was a hot topic Thursday, as Twitter users collectively complained about itchy beards and disgruntled girlfriends.

#meshcon:

Twitter's IPO coincided with the annual Mesh Conference in Toronto, an annual gathering of digerati looking for new ways to disrupt old paradigms. There was plenty of live-tweeting.

#throwbackthursday:

Not even Twitter's public offering could stop users from posting old photos of themselves as angsty teenagers.

#votearianagrande:

Canadian tweeps seemed to favour singer Ariana Grande, who's neck and neck with Austin Mahone in one of MTV's never-ending series of social media contests.

Twitter

@metropicks asked: A Liberal fundraiser for women called Justin Unplugged features chats on virtues and heroes. What should @JustinTrudeau discuss? #askjustin

@ejshillington: Justin, how I deal with cellulite AND an economic downturn AT THE SAME TIME?

@mirabw: Will women be allowed to vote with a pink pen in the next election?

@TerrenceCWatson: When @JustinTrudeau asks you what your favorite virtue is, the only answer he'll accept is "Your hair." #askjustin

@DrDawg: Can my Justin T-shirt be accessorized? #askjustinladyquestions

@J_Moneypenny: Hey @JustinTrudeau, can you be a lady AND the big spoon?? #askjustinladyquestions

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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Synopsis

Each year on Nov. 11 we remember and celebrate "the men and women who have served, and continue to serve our country during times of war, conflict and peace." Remembrance Day is a time to pay respect to the sacrifices brave soldiers have made for our country. In observation The Reel Guys have compiled a list of movies to serve as a backdrop on this solemn day.

Paul Gross, left, and Caroline Dhavernas in a scene from Passchendaele, which is one of the most well-known movies featuring Canucks in battle. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

List of Remembrance Day gems, lest we forget

Enter the shoes of a soldier. The best movies to commemorate those lost in the horror of war from Saving Private Ryan to Passchendaele

Richard: Mark, the first war-themed film to really make an impression on me was The Best Years Of Our Lives. When I was a kid I watched it on television every November and although it's almost 70 years old the story of servicemen struggling to rebuild their lives after the Second World War is still timely and relevant. Perhaps it feels so authentic because the crew were all Second World War veterans and the main character, who faces discrimination after losing both hands in combat, was played by real-life disabled vet Harold Russell.

Mark: Don't know the movie, Richard. I grew up in a family of cowards and war movies were forbidden. And I don't know who said it — probably not Snooki — that "all great war movies are anti-war movies." That being said, I like the P.O.W. genre, with incarcerated soldiers plotting to get out. The Bridge On the River Kwai is one of the greatest, with a fine performance by Alec Guiness, but let's also include The Great Escape with Steve McQueen, and a left-field choice, Merry Christmas, Mr. Lawrence starring David Bowie. Waaaay left-field, Richard, if you get my drift.

RC: War films come in all shapes and sizes. If P.O.W. movies are your thing check out The Hill, a little known British film that features one of Sean Connery's best performances. Set during the Second World War in North Africa, it's the story of a stockade run by Brits to punish deserters. Connery wedged it in between Goldfinger and Thunderball and it is a stark contrast to the work he was doing in the Bond films at the time. As for your second thought, which I suspect should be attributed to Steven Spielberg and not Snooki, two films pop to mind. Saving Private Ryan and the First World War drama All Quiet on the Western Front. Both are masterfully made films that show the brutal reality of war from the point of view of the soldiers.

MB: I've seen The Hill. It's great. But the best anti-war movie might be Johnny Got His Gun, a minimalist squirmer told from the point of view of a blind, mute quadruple amputee. Fun times! And as far as soldiers on the ground, I would nominate Black Hawk Down, or Platoon, both of which put you right in the centre of a battle you may not be winning.

RC: We can't talk about war films so close to Remembrance Day without paying tribute to Canadian soldiers on screen. Paul Gross's Passchendaele is probably our best-known homegrown look at Canadians in battle but Hollywood has never shied away from depicting fighting Canadians. Canuck heroes are portrayed in the Devil's Brigade, The Battle of Britain and Attack on the Iron Coast among many others.

MB: Yes, Canadians excel in battle. Canadians also excel at harbouring war resisters, but I've yet to see THAT movie.

Action/Adventure

Thor: The Dark World

Director. Alan Taylor

Stars. Chris Hemsworth, Natalie Portman

It's hammer time as Marvel superhunk Thor (Chris Hemsworth) battles the vengeful Dark Elves for possession of an ancient WMD with the power to destroy his home planet Asgard, Earth and all realms between. Also at stake are the lives of father Odin (Anthony Hopkins), astrophysicist sweetheart Jane Foster (Natalie Portman) and trickster brother Loki (Tom Hiddleston). Although convoluted, the movie nimbly juggles the story and the action.

RICHARD CROUSE

Comedy/Romance

Austenland

Director. Jerusha Hess

Stars. Keri Russell, Jane Seymour

Fandom makes people do weird things. In Austenland, Jane Hayes (Keri Russell) blows her savings on a Jane Austen "experience" run by Jane Seymour in a bid to meet her own Mr. Darcy. Predictably, things don't pan out and Jane finds herself caught in a modern Pride and Prejudice situation, held back by her social status and falling for the wrong guy. It's a clever setup, but writer-director Jerusha Hess can't seem to break out of the rote romantic-comedy box. Worse, the jokes fail to yield any laughs.

IAN GORMELY

Lovers in a dangerous time

How I Live Now. Actor George MacKay talks about the high stakes of love and war

NED EHRBAR
Metro World News in Hollywood

Young British actor George MacKay isn't taking anything for granted in his career, with a number of films due out and more on the way. Chief among them is How I Live Now, Kevin Macdonald's adaptation about young lovers (MacKay and Saoirse Ronan) struggling to survive in a war-torn modern-day England.

This film is something of a surprise with its mix of elements and styles.
I think that's down to Kevin, really. The source material, too. Meg Rosoff, who wrote the novel, is very no-nonsense. It's funny meeting her because she writes such a moving book but at the same time she's very matter-of-fact and no bulls—.

And that was carried on to the script and Kevin's filmmaking. It's very honest. And love is a serious matter. It's something that can be romanticized and heightened as it is, but stakes are high in a very serious way when we're in love, and it means the world to you, it is your world. So I think it's perfectly legitimate to look at it very seriously and have the stakes that high.

And you've got some intense geopolitical elements thrown in as well.
Yeah, this sort of faceless enemy that is sort of everyone today. Because the characters in the story are so blissfully unaware and in their own bubble, it's only when they're physically torn apart that it becomes a real, real reality. So we didn't feel the need to be specific about who's actually invading. I don't think they went home and watched the news at the end of the day and kept tabs on everything. I think they were just completely involved with each other.

Even before her character meets yours, Saoirse is pretty oblivious to world events.
It's that thing today. It's bad that it happens so often that you get numb to it. I think that's more of a comment on people now, just people in general, like all the terrible stuff that's going on in Syria. It's daily that things are happening, and you see it, but until that is your own mother blown to bits or something, you kind of get numb to it, which is terrible in a way.

How I Live Now opens next Friday. CONTRIBUTED

Besides this, you have several other films coming out soon. How are you enjoying this part of your career?
It's lovely. I just love working. I think it's a novelty you can never take for granted because you never know when your next job is coming in, so you can only concentrate on what you're doing at the time and make the best of it and put everything you can into it. Until you're a kind of A-lister or something, I don't think you can really plot your next move.

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Southland Mall
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Captain Phillips (PG) Fri 6:50-9:50 Sat-Mon 12:50-3:50-6:50-9:50 Tue 5:30-8:25 Wed 1:10-5:30-8:25 Thu 5:30-8:25
Carrie (14A) Fri-Mon 10 Tue-Thu 8:05
Cloudy With a Chance of Meatballs 2 (G) Sat-Mon 1:45
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7:40 Sat-Mon 4:50-7:40 Tue 5:50 Wed 1:25-5:50 Thu 5:50
The Counselor (14A) Fri 7:10-9:55 Sat-Mon 1:30-4:25-7:10-9:55 Tue-Wed 5:40-8:30 Thu 5:40 Star & Strollers Screening Wed 1
Ender's Game (PG) Fri 7:30-10:05 Sat-Mon 1:35-4:35-7:30-10:05 Tue 5:45-8:40 Wed 1:20-5:45-8:40 Thu 5:45-8:40
Escape Plan (14A) Fri 6:55-9:45 Sat-Mon 1:10-4-6:55-9:45 Tue 5:20-8 Wed 1:15-5:20-8 Thu 5:20-8:35
Free Birds (G) Sat-Mon 1 Tue-Thu 6 Star & Strollers Screening Wed 1
Free Birds 3D (G) Fri 7-9:15 Sat-Mon 3:15-7-9:15 Tue-Thu 8:10
Gravity 3D (PG) Fri 8-10:15 Sat-Mon 2-5-8-10:15 Tue 6:05-8:15 Wed 1:25-6:05-8:15 Thu 6:05-8:15
Jackass Presents: Bad Grandpa (14A) Fri 7:45-10:05 Sat-Mon 1:50-4:40-7:45-10:05 Tue 5:35-7:55 Wed 1:20-5:35-7:55 Thu 5:20-8:30
Pipes & Sticks on Route 66 (STC) Thu 8
Prisoners (14A) Fri 6:50-10:10 Sat-Mon 2:30-6:15-9:35 Tue 5:20-8:35 Wed 1:10-5:20-8:35 Thu 5:20
Thor: The Dark World 3D (PG) No Passes Fri 7:20-10:10 No Passes Sat-Mon 1:20-4:15-7:20-10:10 No Passes Tue 5:55-8:45 No Passes Wed 1:15-5:55-8:45 No Passes Thu 5:55-8:45

Galaxy Cinemas

Normanview S.C.
420 McCarthy Blvd. N. Unit

12 Years a Slave (14A) Fri 4-7:05-10:15 Sat-Sun 12:55-4-7:05-10:15 Mon 1-4-7:10-10:10 Tue-Thu 7:10-10:10
About Time (PG) Fri 4:50-7:40-10:30 Sat 11-1:50-4:50-7:40-10:30 Sun 1:50-4:50-7:40-10:30 Mon 1:40-4:30-7:20-10:15 Tue-Thu 7:35-10:25
Black Beauty (STC) Sat 11
Captain Phillips (PG) Fri-Sun 3:50-6:55-10 Mon 1:05-4:05-10:10 Tue 7:20-10:20 Wed 10:15 Thu 7:20-10:20
Ender's Game (PG) Fri 5-7:45-10:40 Sat 11:20-2:15-5-7:45-10:40 Sun 1-5-7:45-10:40 Mon 1:55-4:45-7:30-10:20 Tue-Thu 7:25-10:05
Free Birds (G) Sat 11:40 Sun 1:30 Mon 1:15
Free Birds 3D (G) Fri 4:30-6:50-9:05 Sat 2-4:30-6:50-9:05 Sun 4:30-6:50-9:05 Mon 3:40-6:40-9 Tue-Thu 6:50-9:25
Gravity 3D (PG) Fri 5:15-7:30-9:45 Sat 12:30-2:55-5:15-7:30-9:45 Sun 2:55-5:15-7:30-9:45 Mon 3-5:25-7:45-10 Tue-Thu 7:50-10:05
Jackass Presents: Bad Grandpa (14A) Fri 5:40-7:55-10:20 Sat 1:25-5:30-7:55-10:20 Sun 3-5:30-7:55-10:20 Mon 2:10-4:35-7:55-9:50 Tue 7:55-10:15 Wed 7:55-10:30 Thu 7:55-10:15
Last Vegas (PG) Fri 4:45-7:20-9:50 Sat-Sun 1:45-4:45-7:20-9:50 Mon 1:35-4:15-6:50-9:20 Tue-Thu 7:05-9:35
The Metropolitan Opera: Tosca (STC) Sat 11:55
Out of Africa (STC) Sun 12:45
Royal Shakespeare Company: Richard II (STC) Wed 7
Space Battleship Yamato (STC) Mon 7
Thor: The Dark World (PG) No Passes Sat-Sun 1:20 No Passes Mon 1:05
Thor: The Dark World 3D (PG) No Passes Fri-Sun 4:10-7:15-10:05 No Passes Mon 3:50-6:55-9:45 No Passes Tue-Thu 6:55-9:45 No Passes Fri 5:10-8-10:50 No Passes Sat 11:30-2:20-5:10-8-10:50 No Passes Sun 2:20-5:10-8-10:50 No Passes Mon 2-4:50-7:40-10:30 No Passes Tue-Thu 7:40-10:30

Kramer IMAX Theatre
2903 Powerhouse Dr.

Kenya 3D: Animal Kingdom (STC) Fri-Sun 1-3:30-7
Rocky Mountain Express (STC) Fri-Sun 2:15-4:45

Golden Mile
3806 Albert St.

Austenland (STC) Fri 1:20-3:50-7-9:20 Sat 1:20-3:50-7 Sun-Thu 1:20-3:50-7-9:20
Despicable Me 2 (G) Fri-Thu 1:10-3:50-6:40-9:05
The Fifth Estate (PG) Fri-Thu 1:10-3:45-6:30-9:10
Grown Ups 2 (PG) Fri-Thu 6:30-9:10
Insidious: Chapter 2 (14A) Fri-Thu 1:20-3:55-6:45-9:25
Lee Daniels' The Butler (PG) Fri-Thu 1:15-3:45-6:35-9:15
Planes (G) Fri-Thu 1:30-4:05-6:50-9:10
The Smurfs 2 (G) Fri-Thu 1:15-4
We're the Millers (14A) Fri-Thu 1:25-4:05-6:35-9:15

Regina Public Library Film Theatre, 23 11 12th Ave.

Art-Rated Films (STC) Wed 9
From Me to You: A Video Mixtape (STC) Thu 7
A Good Death (STC) Fri 7 Sat 9 Sun 7
Griot (STC) Fri 9 Sat 7 Sun 9
The Longshots (G) Wed 7
Museum Hours (STC) Thu 9
No Films Showing Today (STC) Mon-Tue

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ORAL13522

Justin Bieber. ALL PHOTOS GETTY IMAGES

The Biebs leaves Brazil with 'a little souvenir'

Justin Bieber's new penchant for graffiti may have gotten him into trouble with police in Brazil, as an investigation has been launched looking into Bieber's recent tagging on a wall of the former Hotel Nacional in Rio, according to TMZ.

Bieber's team reportedly received permission from Rio's city hall to spray-paint a different wall but opted for the Hotel Nacional because they felt the first choice was in a neighbourhood that was too dangerous. "He believed it to be a degraded area and decided to do it," a police spokesman says. "Now he is leaving Brazil with a little souvenir." The goal of the investigation is to determine if Bieber's actions constitute vandalism, a misdemeanor. Bieber is described in the reports as "young, blond, famous and a rebel."

Ashton Kutcher and Mila Kunis

Ashton and Mila just can't wait to reproduce

Ashton Kutcher and Demi Moore are reportedly about to file paperwork to formally end their marriage, and apparently it can't happen soon enough for Kutcher, who is desperate to start a family with girlfriend Mila Kunis, according to Radar Online.

"Ashton has made no secret of the fact that he wants to have a baby and he's told his family that they're not taking any 'precautions' against having a baby," a source says. "They don't really care if marriage comes before baby. In fact, they don't think they have to be married to have a child."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hell hath no fury like a Gwyneth scorned

MELINDA TAUB
Metro World News in New York City

Gwyneth Paltrow is taking a stand. She wants all those concerned about freedom and justice to join with her in protesting Vanity Fair's cruelty to Gwyneth Paltrow.

Rumour has it that she is frantic over an upcoming Vanity Fair profile of her that contains some less-than-flattering revelations. She's already tried to get her famous friends to stop talking to the publication; now she wants them to refuse to party with VF too.

"Gwyneth feels her relationship with the magazine has been destroyed and she's urging pals not just to avoid doing business with the magazine, but to skip the mag's Oscar party as well," a source told Radar.

Vanity Fair's Oscar party is one of the swankiest, most prestigious parties in Hollywood. Even I, a humble blogger currently wearing teddy bear pajamas, know that. So I'd say Gwyneth is about to find out who her friends really are. Will Beyoncé think it's worth missing the biggest bash of the year to keep the 10 per cent discount on her GOOP subscription? One thing's for sure: I can't wait for this Vanity Fair profile. There must be something really good in there. Maybe she's secretly Saddam Hussein or something.

Robin Roberts shines on

Good Morning America host Robin Roberts, in a sexy black jumpsuit and open-toed heels, looked the picture of health and then some at the CMA Awards in Nashville on Wednesday. Roberts was diagnosed with myelodysplastic syndrome in 2012 and underwent a bone marrow transplant last October.

Katy Perry

It's 'inevitable' Katy and John will get married (unless they break up again)

Apparently when it comes to Katy Perry and John Mayer hearing wedding bells, it's less a question of if than a question of when. "It's inevitable," a source tells E! News about the chance of Mayer proposing now that things have gotten "very serious" in their relationship. "Everyone wants them to get engaged. They are so perfect together," the source says.

Twitter

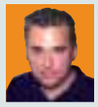
@Rosie
5 25 am in la - still dark - 2 men on unicycles just went by drinking Starbucks ... What the ..

@SJP
I'm still on twitter! Though I dreamt I was kindly asked to remove myself.

@RebelWilson
All my awesome cast and crew would love it if you voted SUPER FUN NIGHT for Best New TV Comedy Series..because then we will all get $5 bonus. Plus, seeing as I have no current love life, awards are the only thing to keep me warm this winter.

Liquid Assets

Cachaça for everyone



LIQUID ASSETS
Peter Rockwell
@therealwineguy
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liquidassets@eastlink.ca

While Canadian security agents may be tapped into what's going on in Brazil, I'm betting most of you have never investigated cachaça (ka-SHA-sa) — the country's best known alcoholic beverage.

With all the wine pouring out of Chile and Argentina, I guess it's easy to understand how an in-your-face, sugar-cane-based spirit could take a back seat when South American booze comes to mind.

That said, cachaça is the third most consumed spirit in the world.

Often referred to as Brazilian rum, cachaça isn't made from molasses (like most rum). It's produced from raw sugar-cane juice that's been fermented and then distilled.

A fiery tipple, delicate Canadian palates will appreciate it best when served hidden underneath some mix like in Brazil's national cocktail, the caipirinha. Made with a combination of cachaça, lime juice and sugar, it's a refreshing, mint-less take on the mojito.

Selection varies across the country, with Leblon Cachaça ($29.95 to $32.99) available in most markets. White rum lovers will find a familiar sugary sweetness fighting its way through the up-front aggression, while tequila fans will appreciate its vegetal nuances. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

The Brazilian food revolution

Chef Alex Atala with his new release, D.O.M. Rediscovering Brazilian Ingredients. FERNANDO CARNEIRO/METRO

Alex Atala. Rebel chef ventures into the jungle for ingredients and takes on food authorities

FERNANDO CARNEIRO
Metro

With Brazil hosting the two largest sporting events in the next three years — the World Cup and Olympics — you'll want to know the chef revolutionizing Brazilian cuisine.

Alex Atala is applying classical French techniques learned in Europe to local ingredients — some that have long been ignored by Brazilians.

Atala is an adventurous chef who goes into the Amazon jungle to source his ingredients. He's a rebel, serving ingredients banned in Brazil. And he's really good. D.O.M. is considered the sixth-best restaurant in the world by Restaurant magazine. Its list is an annual snapshot of the opinions and experiences of more than 900 international restaurant-industry experts.

Recently, the tattooed former amateur boxer was in Toronto to promote his first significant cookbook.

As a colonial country, Brazilians learned to value foreign ingredients at the expense of their own. Atala is rediscovering those ingredients.

"As more and more Brazilians travel abroad and see countries like France value their gastronomy, they come home curious about Brazilian food," Atala said. "There's a movement happening."

To him, manioc — known in Canada as cassava — is the most Brazilian of all ingredients. "To the people in the Amazon, it's as important as soy is to Asian cultures."

He also serves honey produced by Brazilian bees, which contains more humidity and therefore expires faster than that produced by bees imported from Europe. It's banned in Brazil because it can't be stored for long. Atala is fighting to have it and other local ingredients legalized.

Also revolutionary for Brazil, Atala started a non-profit think-tank — ATA (instituto-ata.org.br/en) — to promote fair-trade practices in the Amazon region and help farmers earn a living selling local produce.

If you do go to Brazil for the World Cup next year, Atala suggests that the best souvenir is flavour. Enjoy.

Serves 4. D.O.M. REDISCOVERING BRAZILIAN INGREDIENTS BY ALEX ATALA, PHAIDON.COM

Recipe

Mushroom With Smoked Parsnips

Ingredients

- 1 kg coarse salt
- 300 g parsnip, washed
- 150 g fresh button mushrooms

For presentation

- extra virgin olive oil, for coating the parsnips and for presentation
- smoked salt
- salt and pepper
- 4 black garlic cloves
- parsley, chopped

Preparation

1. Preheat the oven to 200 C.
2. Dampen the coarse salt. Place half the salt on the bottom of a roasting pan. Place the parsnips on top of the salt in a single layer. Cover the parsnips with the rest of the coarse salt
3. Bake for an hour. Remove from the oven and transfer the parsnips to a rack to cool. When cool, peel skin off the parsnips and cut them into 4 pieces lengthwise. Set aside.
4. In a large frying pan or skillet toast the button mushrooms directly over flame until golden brown. Set aside and keep warm

Finish and presentation

1. Place the parsnips in a clean roasting pan and coat lightly with olive oil
2. Return the parsnips to the oven for about 3 minutes to warm through.
3. Remove from oven and season with the smoked salt. Season the mushrooms with salt and pepper, and place a mound of them in the centre of a dish.
4. Cut the cloves of black garlic in half. Arrange 2 pieces of parsnip and 2 halves of black garlic beside the mushrooms
5. Finish with drizzle of olive oil and sprinkling of parsley.

FROM D.O.M. REDISCOVERING BRAZILIAN INGREDIENTS BY ALEX ATALA

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Shaken with a twist: Bar gear gets swanky

Entertaining. Materials such as shagreen, faux tortoise and hammered silver are adding flair to drinking accessories

Home beer and spirit-making have become popular hobbies. Bars and beverage stores feature a growing range of artisanal spirits and craft brews. Cocktail parties are back in vogue.

And retailers are responding to all this imbibing by offering furniture, barware and accessories with cosmopolitan flair. All you need are a few invitations, snacks and some good music for the party to begin. Let's pop the cork on what's new:

"Nowadays, entertaining does not have to mean having a glitzy full bar. Bar carts have become more delicate, refined, and smaller in scale, so you can tuck them into a corner of a room or blend them in with the rest of the furniture," says Veranda magazine's market editor Catherine Lee Davis.

West Elm's Parker slim-profile cart in acorn-stained walnut veneer with brass rail trim has a mid-century vibe. The walnut-stained Dodson cart features a flip-down front concealing a mirror-lined interior with plenty of storage. And a cart in polished nickel with two foxed mirror shelves evokes Art Deco glamour. Visit westelm.com.

If you want the look of a built-in bar, consider Pottery Barn's modular collection of wine grids and drawered cabinets. In black or mahogany finish, the pieces can be configured to look like a hutch or buffet. Check out potterybarn.com.

Davis says that with barware, the trend is toward shaking it up. "We see lots of different materials like hammered silver, tortoise or shagreen," she says. "It's all about mixing and matching. After all, entertaining should be about having fun."

Gent Supply Co. (gentsupplyco.com) has a natty collection of coasters, glassware and flasks printed with illustrations of turn-of-the-century gentlemen duellers, narwhals, anchors and animals dressed in distinguished garb.

Artist Richard E. Bishop (richardebishop.com), known for wildlife etchings in the 1930s, '40s and '50s, has his work on an array of bar glasses and decanters. Ducks, trout, foxes and horses set a country house tone.

A punch bowl that rests in the clutches of an octopus, and a sculpted shell held by a delicate coral stand are part of an aluminum barware collection at Z Gallerie. There's also a faux crocodile service tray in rich eggplant, studded with silver rivets, that makes a sophisticated statement.

Silver cocktail picks and stir sticks topped with airplanes evoke the Second World War. And a mirrored sign with phrases like Stirred and Straight Up printed in a gold retro font would make great wall art. Check out zgallerie.com.

JC Penney has a whimsical yet elegant wine decanter from Michael Graves Design that features his signature bird as built-in aerator. Visit jcp.com.

THE ASSOCIATED PRESS

Budget-friendly bar carts

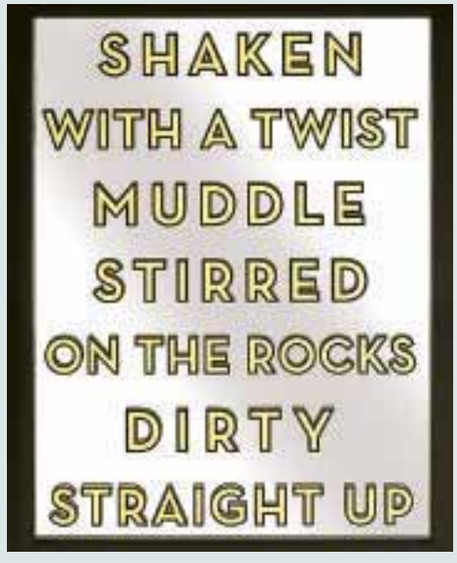
- If you're setting up a first apartment and don't have much money, consider giving an old nightstand or tray table new life as a miniature bar.
- Hit flea markets and junk yards for salvaged tool trolleys, medical supply carts or old microwave stands and spiff them up with paint, paper or other decorative materials like stick-on tiles and mirror. The web has many artful ideas, including at curbly.com.

Z Gallerie's Octopus Bowl can work either as an ice bucket or punch bowl, $170 US, zgallerie.com.

Right, a pair of vintage-style glasses from Gent Supply Co. have etchings of narwhals, $20 US. Below, a flask printed with a vintage drawing of a dapper gentleman, $28 US, Both at gentsupplyco.com.

Foxed Mirror Bar Cart, $437, West Elm.

Parker Mid-Century Bar Cart, $382, West Elm.



A mirrored sign with a retro font makes for vintage-style art in a home-bar area. Libations sign, $150 US, zgallerie.com.

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CFL

Cornish proving to be a rare Canuck

Jon Cornish is up for two of the CFL's top individual awards.

The Calgary Stampeders running back was named the West Division finalist for the CFL's outstanding player and top Canadian honours Thursday in voting conducted by the Football Reporters of Canada and the league's eight head coaches.

Toronto Argonauts quarterback Ricky Ray was named the East Division nominee as outstanding player.

Cornish, a native of New Westminster, B.C., will attempt to become the first Canadian to be named the CFL's top player since Tony Gabriel of the Ottawa Rough Riders in 1978.

THE CANADIAN PRESS

Calgary Stampeders running back Jon Cornish THE CANADIAN PRESS

NHL

Brodeur shuts door on Flyers

Martin Brodeur stopped 22 shots, and Adam Henrique and Cam Janssen each scored goals to lead the New Jersey Devils to a 3-0 win over the Philadelphia Flyers on Thursday night.

Jaromir Jagr added an empty-netter with 1.3 seconds left.

THE ASSOCIATED PRESS

Senators continue to bring best against Canadiens

Senators goalie Robin Lehner ventures behind his net to battle for a puck against the Canadiens' Rene Bourque on Thursday night at the Canadian Tire Centre. Bobby Ryan, Marc Methot, Mark Borowiecki and Kyle Turris provided the offence and Lehner made 33 saves as the Senators won their second in a row, 4-1.

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Ban fighting? 'It's absolutely ridiculous'

NHL. Most around hockey's highest level feel pugilism will never be eradicated

If fighting is ever going to be eliminated by the NHL, it's going to take some convincing.

A recent survey suggested that more than two-thirds of Canadian hockey fans support banning fighting at all levels of the sport, but many current and former players don't consider it a debate worth having.

"I hate that it's even being talked about," Buffalo Sabres captain Steve Ott said. "It's absolutely ridiculous that even the notion of fighting being taken out. What a terrible mindset."

Changing the rules on fighting would require approval from a majority of the NHL Players' Association, which only last year agreed to grandfather in the mandatory use of visors. A 2011 poll conducted by the NHLPA and CBC found that 98 per cent of 318 players polled did not want to ban fighting.

Canadiens enforcer George Parros suffering a concussion after his head hit the ice during an opening-night fight with the Maple Leafs' Colton Orr seemingly hasn't changed many opinions.

"It's part of the game. It always has (been), and I think it always will be," Ottawa Senators forward Chris Neil said.

An Angus Reid poll released in March suggested 67 per cent of Canadian hockey fans want fighting banned, including at the professional level.

It's getting a lot of attention now, but many, including former NHL defenceman Joe Watson, don't think fighting will ever be eliminated.

"I honestly don't think it'll go away," he said.

THE CANADIAN PRESS

Bound to happen

"Every time you see an incident like in Montreal, it's tough to see, but the reality is that's a fluke accident."

Senators forward Chris Neil, referring to the Canadiens' George Parros suffering a concussion after falling while fighting the Leafs' Colton Orr on opening night back on Oct. 1.

Holland ousted with 3rd loss at pre-trials

Calgary's Crystal Webster eliminated Regina's Amber Holland on Thursday with a win at the Road to the Roar Olympic pre-trials in Kitchener, Ont.

DAVID BEBEE/TORSTAR NEWS SERVICE

Crystal Webster avoided elimination at the 2013 Capital One Road to the Roar Olympic pre-trial tournament with an 8-5 win over Amber Holland on Thursday.

Webster's Calgary rink took control from the start of the C-event game. She took a 4-2 lead in the fourth end when Holland's soft tap-back attempt wrecked on a guard, leaving an open draw for two points.

A single in the ninth end was too little too late for Regina's Holland, who was eliminated with her third loss.

Men's side

In the only men's game of the morning draw, Yorkton's Steve Laycock had three points in the final end to earn a 6-3 B-event win over Jake Higgs of Glencoe, Ont.

"We knew we had to play better today," said Webster, referring to the team's two previous losses. "We played miles better than we have the two previous games. We loved the ice today, so that made us feel so much better."

Webster credits third Cathy Overton-Clapham for bringing some much-needed experience to a team that has yet to compete at the international level.

"We thought, in an Olympic year, it would be great to bring that experience on to our team," she said. "And we're still learning from each other of course. We've tried to play as much as we could leading up to the pre-trials, but we are getting better."

THE CANADIAN PRESS

4 SPORTS

Jones drawn to puzzle that is pigskin

CFL. Outstanding rookie nominee from Weyburn is drawn to unique challenge of the gridiron

Football wasn't always at the forefront of Brett Jones's life.

He was thinking dentistry when he graduated from high school and had already applied to medical school when the Calgary Stampeders drafted him.

But football drew in the 22-year-old offensive lineman from Weyburn, Sask., because it was a package of challenges: Physical strength, discipline, strategy, problem solving, time management.

"I just really think the game of football has changed who I am," Jones said. "I've really been able to realize what I'm capable of.

"I did have a curiosity. Why not give it a chance and see what happens?"

What happened was Jones was named a CFL Most Outstanding Rookie nominee on Thursday.

Pushing his limits

"I've really been able to realize what I'm capable of."

Stampeders lineman Brett Jones, who has put off a career in medicine to play in the CFL.

He contributed to an offensive line that gave up the fewest sacks in the CFL this season and helped running back Jon Cornish rush for a league-leading 1,813 yards.

The awards will be announced Nov. 21 in Regina. Jones is up against C.J. Gable, a 26-year-old running back with Hamilton.

Jones snapped the ball to a revolving door of quarterbacks behind him as Kevin Glenn, Drew Tate and Bo Levi Mitchell moved in and out of the lineup because of injuries.

"Jonesy is a good football player and we knew that when we drafted him," Calgary head coach John Hufnagel said. "He's a strong, dedicated young man who takes his job very seriously.

"With his intelligence and ability and strength, it was a natural fit for him and he's had an outstanding year for us."

B.C. Lions receiver Jason Clermont (2002), Tiger-Cats linebacker Mike O'Shea (1993) and Winnipeg Blue Bombers receiver Joe Poplawski (1978) are the only Canadians to win the Most Outstanding Rookie award since it was introduced in 1972.

An offensive lineman has never won the award. THE CANADIAN PRESS

Riders nominee

The Saskatchewan Roughriders' Brendan LaBatte was the West Division's nominee for the CFL's Most Outstanding Offensive Lineman award Thursday.

Weyburn's Brett Jones helped the Stampeders give up the fewest sacks in the CFL this season. COURTESY STAMPEDERS.COM

NBA

Brampton baller gets 1st bucket

It certainly hasn't been the start he envisioned.

At least Cleveland Cavaliers forward Anthony Bennett can now breathe a slight sigh of relief after sinking his first basket in the NBA.

Playing in his fifth game, the No. 1 overall pick in the 2013 draft from Brampton, Ont., connected on a three-pointer with 9:46 left in the first half of Wednesday night's 109-104 loss to the Bucks in Milwaukee.

Bennett started the season 0-for-15 from the field in his first four games. He went 1-for-5 on Wednesday night. THE ASSOCIATED PRESS

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NFL. Players divided on Jonathan Martin's response

In a culture that fosters conflict, Jonathan Martin sought to avoid it.

Upset by treatment he considered abusive, the Miami tackle left the Dolphins last week. His agent complained to the Dolphins, who suspended guard Richie Incognito.

The NFL is investigating whether Incognito harassed or bullied Martin, and whether their teammates and the organization mishandled the matter.

Some say Martin handled the situation well. But some players believe Martin should have responded more firmly.

"Is Incognito wrong? Absolutely," New York Giants safety Antrel Rolle said. "No individual should have to go through that, especially in their workplace.

"But at the same time, Jonathan Martin is a 6-4, 320-pound man. I mean, at some point and time you need to stand your ground as an individual."

Dolphins players have defended Incognito, long considered one of the NFL's dirtiest players, praising his leadership and loyalty.

They've been less passionate in their support of Martin, saying he and Incognito behaved like best friends.

"They did a lot of stuff together," tackle Tyson Clabo said. "So if he had a problem with the way he was treating him, he had a funny way of showing it." THE ASSOCIATED PRESS

Mike Tyson THE ASSOCIATED PRESS FILE

Mike Tyson. Ex-heavyweight champ bares soul in autobiography

Mike Tyson's life story is the gift that keeps giving.

And giving. And giving.

At one time he was the baddest man on the planet, a heavyweight champion who terrorized anyone who got in his way, inside the ring or out. More recently he's unburdened himself as perhaps the most tortured soul on earth, with a one-man show on Broadway that Spike Lee has turned into an HBO special airing Nov. 16.

It turns out that Tyson didn't tell us everything. Not to worry, because he's taken care of that in a hefty autobiography that might be the most soul-baring book of its genre ever written.

The title is Undisputed Truth, and the truth is that Mike Tyson is one messed-up dude. He's desperate to put his demons to rest, but the book needed an extra epilogue written just before printing to talk about him falling off the sobriety wagon once again.

Quoted

"I have a lot of pain and I just want to heal."

Mike Tyson says he's back in Alcoholics Anonymous after drinking in August.

And though things might be better these days in Tyson's world, he constantly warns that he's not far from slipping off the edge, or slipping back into a strip club to party with drugs and women.

"Sometimes I just fantasize about blowing somebody's brains out so I can go to prison for the rest of my life," he writes. "Working on this book makes me think that my whole life has been a joke."

If so, Tyson has yet to figure out the punchline. Though he has reinvented himself in recent years as a family man and vegan with enough comedic chops to act in movies, he says he lives daily with the dark past of a junkie who loved to snort cocaine and drink and was constantly preoccupied with finding women to bed. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Success comes to those who dare, so dare to be different and don't give two hoots what other people might say. The only thing that matters is what you say (and do).

♉ Taurus
April 21 - May 21
Don't waste time and energy completing a task that should have been over and done with by now. Your life is about to move in a radically new direction. In a matter of days, you will be working on something different.

♊ Gemini
May 22 - June 21
Set targets but don't set time limits. Keep your plans general over the next few days and let everything happen at its own natural pace, even if at times that pace seems dead slow.

♋ Cancer
June 22 - July 23
Keep your ideas simple today if you want to be taken seriously. Sometimes your thoughts get complicated and you spend more time trying to make sense of them than actually getting things done. Time to change.

♌ Leo
July 24 - Aug. 23
You may be generous but you are nobody's fool and anyone who thinks you will be taken in by a sob story today will soon realize they have made a mistake.

♍ Virgo
Aug. 24 - Sept. 23
Why waste time fussing when you can be having fun with your friends? You may have serious things to think about but you will think about them better if you are enjoying life.

♎ Libra
Sept. 24 - Oct. 23
You seem to be on duty all the time and you really must call a halt. Take a break if you need it today and over the weekend. In fact, take a break if you don't need it — just to make the point that no one owns you.

♏ Scorpio
Oct. 24 - Nov. 22
You have worked hard for what you've got and will have to work hard to keep it. Is someone going to take it away from you? No! But don't be careless and give it away.

♐ Sagittarius
Nov. 23 - Dec. 21
An opportunity will arrive out of the blue tomorrow or over the weekend and you must not hesitate to make use of it. The planets warn if you don't move immediately it won't be with you long, so get it together.

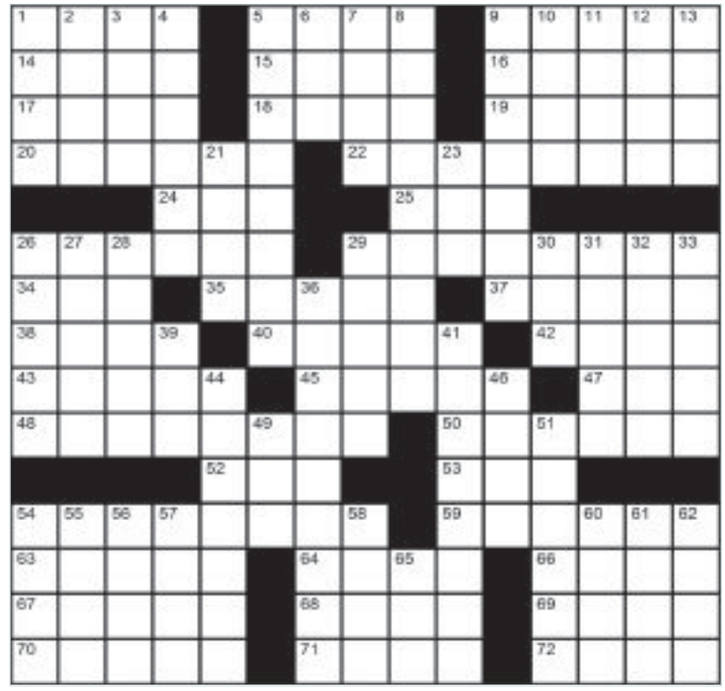
♑ Capricorn
Dec. 22 - Jan. 20
No one is perfect, so don't beat yourself up for mistakes you have made. The fact that you got something wrong is evidence that you tried something different, which is more than most people do.

♒ Aquarius
Jan. 21 - Feb. 19
Are you pleased by what you have achieved or annoyed by what you have failed at? The way you answer says a lot about your state of mind. Be positive: Yesterday's failures lead to tomorrow's successes.

♓ Pisces
Feb. 20 - March 20
Strive to see the good in everyone today, even people who you can't stand the sight of. They have simple human failings, like you. SALLY BROMPTON

Crossword: Canada Across and Down

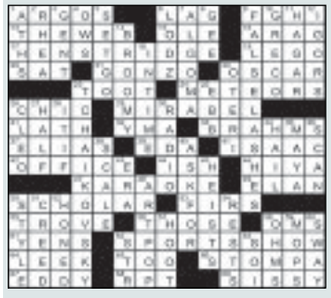
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Cough-drops-needing sound effect
5. "Moneytalks" band
9. "Poppycock!"
14. Scottish songstress
15. But: Spanish
16. "Orange Sky" singer Mr. Murdoch
17. Tournament parts, __. rounds
18. __ de soie (Silk cloth)
19. Riskiness
20. Canadian TV network
22. North American animal scientifically called 'Canis lupus': 2 wds.
24. Amaze
25. Road surface
26. Scorpio is a sign in it
29. Cranky
34. Grand Opry link
35. Country neighbouring Oman
37. Pago Pago's land, American __
38. World's longest river
40. L'__ (Cosmetics brand)
42. Saws
43. Wickednesses
45. Do some PI work: 2 wds.
47. Arrange
48. Icon areas on computers
50. Sitcom fare
52. High card
53. Isthmus of __ (Malay Peninsula part)
54. Dried meat of game
59. Heralded
63. Heart of the __ (Gem in 1997's "Titanic")
64. "__ & Leopold" (2001)
66. Keep
67. Hog not
68. Sort of sword
69. Pizzeria part
70. In the golf cup
71. Interpret, __ into
72. __ a soul

Down
1. "Get __ __ Up" by John Mellencamp
2. Bobby or Brett of hockey
3. Film director Mr. Petri
4. City in India
5. Gig for Steve Jobs' successor Tim Cook: 2 wds.
6. So-so grade
7. Downer
8. City on Vancouver Island
9. Ancient paper
10. Did in, dragon fight style
11. Saver of someone
12. Botanical leaf-to-stem angle
13. Canadian country legend/yodeller
Mr. Carter (b.1904 - d.1996)
21. On the road
23. Use up
26. Partitioned
27. __ green
28. Cold cuts counters, commonly
29. Baby bird sounds
30. Quebec 'lake'
31. Charm
32. Illustrious
33. Like a satisfying snack
36. Andrew Scheer, as he is addressed by MPs in the House of Commons: 2 wds.
39. Wapiti
41. Defence contractor, __ Martin Canada
44. __ glass windows
46. A Doll's House wife
49. Job [abbr.]
51. House: French
54. Victoria Beckham, as a Spice Girl
55. Grand Canyon sound
56. Repast
57. She-horse
58. Neck's back
60. Volcano flow-er
61. At all
62. Disavow
65. Coffee alternative

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	4	7	2	8	5	6	1	9
8	1	5	3	6	9	2	7	4
6	2	9	7	1	4	8	5	3
9	6	2	1	4	3	5	8	7
1	8	4	9	5	7	3	2	6
5	7	3	6	2	8	9	4	1
4	3	8	5	7	6	1	9	2
2	5	6	4	9	1	7	3	8
7	9	1	8	3	2	4	6	5

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$19,599
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$159 /MO

Stock # F44937

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SALE PRICE:
$29,999
MSRP: $44,149
SAVE $14,150

LEASE PAYMENT*
$399 /MO

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